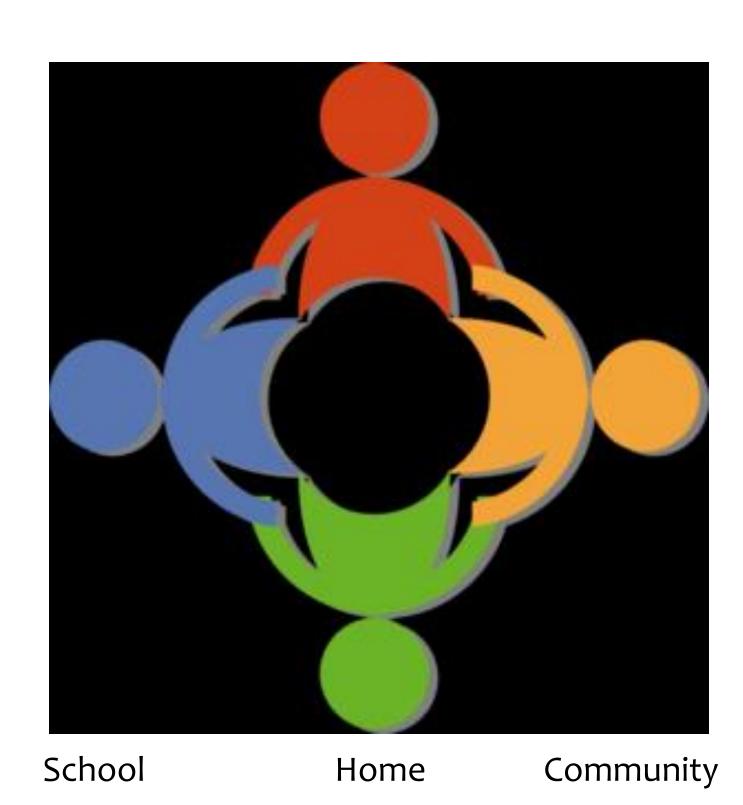
Friendships that Work: Questions and Tips for Parents



Friendships That Work
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- 1. Are your kids good listeners? Do your kids know that their close friends (like everyone else) value a good listener?
- *Encourage your kids to focus on the other person. Teach them to ask questions about people's stories so their friends will feel heard.
- 2. Can your kids stand up for themselves with their close friends? Can they do so in a way that is not demeaning or cruel? Do their friends respect your kids' opinions and choices?

*Encourage your kids to talk to their friends about hard feelings. Have them do so in a way that focuses on the other person's behaviors WITHOUT name calling or put downs.

*Encourage your kids to set limits with friends who are cruel or demeaning.

- 3. Can your kids take feedback from their close friends? Are your kids able to hear it and ask real questions about concerns their friends have?
- *Encourage your kids to ask questions to better understand what the other person doesn't like (or what their feedback is about).
- *Encourage your kids to think about feedback from their close friends, even if they don't agree with it.
- 4. Do your kids let their close friends know that they appreciate them?
- *Encourage your kids to find ways to let close friends know that they are grateful for their friendship.
- 5. When your kids are having problems, can they turn to their close friends? Do your kids trust their friends to be respectful and listen?

*Encourage your kids to have a friend they can talk to—a friend they trust to keep their secrets.